

### Think OPSEC

Saturday through Feb. 8, the 5th Winter Asian Games will bring athletes and escorts from North Korea, China, and other Asian nations to Misawa City. Surveillance risk against Misawa is high during this time. Use good OPSEC procedures on and off base, protect important/sensitive info, and report **all** suspicious monitoring or activity by unknown people. (Source: 35th FW Intelligence Operations)

### Misawa Air Base DUI/DWI Hitboard

Total number of  
DUI/DWI incidents  
at Misawa  
this year

**0**

as of Thursday

Last DUI/DWI: 35th Maintenance Squadron

Number of days  
since the last  
DUI/DWI at  
Misawa

**28**

as of Thursday

Source: 35th Security Forces Squadron

### Weekend Weather

#### Saturday



Snow  
showers  
H 30/L 24

#### Sunday



Flurries  
H 33/L 23

Source: 35th OSS Weather Flight

# Northern Light

Proudly Serving the People of Misawa Air Base, Japan

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## CFC a success: base, PACAF goals met

by Staff Sgt. Mikal Canfield

35th Fighter Wing Public Affairs office

The 2002 Combined Federal Campaign is nearly complete and all signs point to another successful campaign at Misawa.

The base met two of its three goals, surpassing the goal for average contribution amount and meeting the goal of 100 percent contact.

Misawa was also able to meet two of three Pacific Air Forces goals, surpassing the goal for average contribution amount and meeting the goal of 100 percent contact.

"We did really well," said 2nd Lt. Cathy Lee, Misawa's CFC project officer. "If you take into

consideration the amount of people we had deployed during the campaign, the base did a great job."

With contributions still coming in, the base has contributed \$193,505, 35.46 percent of eligible contributors participated, and the average contribution was \$152.37. The average contribution was slightly below the base goal of \$169.92 per contributor.

The \$152.37 contribution per contributor, however, was well above the PACAF goal of \$127.40 per contributor. The base's 35.46 percent of eligible contributors was below the command goal of 41 percent participation.

These numbers are current through the end of

December 2002.

Misawa met both the base and PACAF goal of 100 percent contact; that is, every base member eligible to contribute was made aware of the campaign and given a chance to participate.

Many Misawa units earned awards for their contribution amounts.

"We hope to have the unit awards out sometime in the next couple of months," she added.

The lieutenant credited unit project officers for making this year's campaign a success. "Everyone who helped deserves a big thanks," she said. "This campaign wouldn't have been as great a success without them."



Photo by Staff Sgt. Andrew Rodier

### What do we have here ...

Capt. Kim Hale, 35th Medical Group, examines Master Sgt. Rossier Rogers, 35th Communications Squadron, at the new Cold Clinic. Capt. Hale is one of two nurses who oversee the operation of the hospital's newest service. For more information on the Cold Clinic, see the story on Page 3.

## AF leaders announce new core competencies

The Air Force's senior leaders debuted the service's new approach to describing its core competencies.

Secretary of the Air Force Dr. James Roche and Air Force Chief of Staff Gen. John Jumper made this announcement in two separate messages to all airmen. Roche released his first "The Secretary's Vector" Jan. 14, while Jumper's latest "Chief's Sight Picture" was published Jan. 15.

The competencies are developing airmen, technology-to-warfighting and integrating operations. According to Roche, these three elements are fundamental to how the Air Force views itself, how it is viewed by leaders and colleagues,

and how the service develops its capabilities for joint warfighting.

"These unique institutional qualities set the Air Force apart from the other services and every other military force in the world," Roche said. "By identifying and keeping these competencies foremost in our vision, we can more effectively advance these unique capabilities, as well as the ultimate effects we provide to the nation."

Core competencies form the foundation upon which the Air Force organizes, trains and equips, and form the cornerstones of the service's strength as a military service, he added. (Story courtesy of Air Force News Service)

## Short-term enlistments coming

A new military short-term enlistment program will begin Oct. 1 aimed at expanding the opportunities for all Americans to serve the country.

Congress authorized the National Call to Service enlistment option as part of the fiscal 2003 National Defense Authorization Act.

The program allows the military services a new option to reach a group of young Americans who otherwise might not serve because of the length of traditional enlistment options, said Bob Clark, assistant director in the Department of Defense's accession policy directorate.

The program will work like this: A recruit enlists for the option and incurs a 15-month active-duty service obligation following completion of initial-entry training, for a total active-duty commitment of about 19 months.

Following successful completion of active duty, servicemembers may re-enlist for further active duty or transfer to the selected reserve for a 24-month obligation.

Once this is completed, servicemembers may stay in the selected reserve or transfer to individual ready reserve for the remainder of an eight-year commitment. (Story courtesy of Air Force News Service)

# Our people embody 'Best Base' honor

■ **Editor's note:** This commentary mirrors the commander's weekly update on AFN Misawa.

by Brig. Gen. Dana T. Atkins

35th Fighter Wing and Misawa Installation commander

I've always felt a great sense of pride commanding the Misawa installation. Our people are top notch, we have some of the best facilities and our sense of community is unmatched by anyone in PACAF. So it comes as no great surprise that we have been selected as the *Air Force Times*' "Best Base" for Community Spirit and Support.

What makes this award so prestigious is not that it comes from a world renowned publication like the *Air Force Times*, but because you, the Misawa community voted this as the best place to work, live and play.

From your high praise of our base to the overwhelming sense of community pride, you made this recognition possible. I pledge to maintain this great sense of community by further improving your facilities and quality of life. We've already made great gains in that arena. Prompted by your suggestions and concerns, we've spent thousands of dollars improving our existing facilities and upgrading their capabilities.

For example, \$165,000 was invested toward renovating the Zeamer Child Development Center. In our 54-year old main base fitness center, \$691,000 was devoted to modernizing equipment and creating new exercise areas. Our enlisted dining facilities received \$326,000 for renovations and upgrades — and the list continues to grow.

This is just one way I can thank you for all that you do. It is because of your personal commitment to excellence and to each other that we possess a community spirit unmatched by any other installation in the Air Force.

Thank you for making Misawa the best community in the Air Force and, as always, remember to take care of each other.

## Housing shares winter shoveling, safety tips

John Fox

35th Civil Engineer Squadron Housing Flight chief

Once again, our snow season has arrived at Misawa. Some questions have been raised concerning the proper time to start snow removal from sidewalks and parking spaces to meet the deadline of 8 a.m. (Mondays through Fridays) and 10 a.m. (weekends/holidays). In being a good neighbor and practicing within the guidelines of our approved quiet hours (10 p.m. to 6 a.m.), we consider 5 a.m. an acceptable time to begin snow removal in our housing areas.

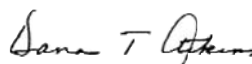
Occupants' area of responsibility for snow removal on sidewalks is midway between adjacent unit(s) or 150 feet out, whichever comes first. When shoveling snow/ice from your assigned and adjacent unassigned parking space, do not shovel it into another parking space or street.

Another important thing to watch out for during the winter season is outside faucets. All hoses, doublers and timers must be disconnected from the outside faucets when not in use. This is to prevent water pipes from freezing and bursting. If outside faucets are dripping, call housing maintenance at 226-4663 to have them repaired.

Freeze-less faucets that drip will freeze and cause the water pipes to burst. These damages are considered 'beyond fair wear and tear', and if proven to be negligent, occupants will be held liable for damages. For more information on either of these subjects, call the Housing Office at 226-3200.

## Commander's Action Line (226-3700) Please Use It

The Action Line provides "direct communication" between you and me. This valuable open channel has but one purpose — to make our community better. Your input of ideas, concerns, highlighting problems and suggested solutions are the life-blood to building a stronger foundation where our families thrive and our mission succeeds. There are many dedicated professionals at Misawa — officer, noncommissioned officer and civilian — who are experts in their respective fields. Please offer them the opportunity to answer your question in concert with your unit chain of command. They share the same vision for Misawa as I do. However, those concerns that do come to the Action Line have my personal attention.



Brig. Gen. Dana T. Atkins  
35th Fighter Wing and Misawa Air Base  
installation commander



### Who to call for assistance

Air Force Aid Society ...	226-9316	Facility maintenance ....	226-3693	Law enforcement desk ...	226-4358
American Red Cross ...	226-3016	Family day care .....	226-2273	Library .....	226-4083
Auto skills center .....	226-4654	Family services .....	226-3665	Main exchange manager .	222-7410
Bowling center .....	222-7731	Family support center ..	226-4735	Military clothing sales .....	222-8709
Chaplain .....	226-4630	HAWC .....	226-6653	Officers' club .....	226-2016
Commissary manager .	226-3823	Hospital .....	226-3506	Pass and registration .....	226-3995
Community center .....	226-4128	Housing maintenance ..	226-2327	Teen center .....	226-2170
Education center .....	226-4201	Housing manager .....	226-2394	35th Services Squadron ..	226-3008
Enlisted club .....	222-9449	Housing office .....	226-3200	Youth center .....	226-3200

## DUI/DWI Prevention

# Poor decision changes life

by Airman 1st Class Jamie Bosarge

354th Fighter Wing  
Eielson Air Force Base, Alaska

On March 5, 2002, I made a decision that has changed my life every day since: I chose to drink and drive. I have paid for that bad decision in my career, in legal costs and in the respect of those who thought more of me that I proved to be that evening.

I had turned 21 only a few months earlier. I thought it was no big deal to have a few beers. However, when I got into my car I started to feel some of the effects of the alcohol.

I was only a mile from home when my cell phone rang and I took my eyes off the road to search for it. Had I been sober, I would have been able to find my cell phone without swerving across two lanes on the road. As soon as I looked up, I realized what I had done. I had just thought, "Oh no!" when a patrol car turned its lights on behind me.

I was not a drinker and two and a half beers were more than I could handle. That night I'd been trying not to think about having to go to the desert for six months. I didn't even think about the consequences of drinking and driving. As the cop pulled me over, I promised God if He let me get off this one time, I would never drink and drive again. I'll bet I'm not the only person who has ever done that.

The officer asked if I had been drinking and I answered his question truthfully. He then asked me to step out of the vehicle and we proceeded with a field sobriety test.

Being not quite sober, I thought, "Oh yeah, I am doing just fine." Five minutes later I was arrested for Driving While Intoxicated. We went to the police station where my blood alcohol content was measured at .12. I thought that was impossible — I'd had less than three beers! I was taken to jail and released early in the morning after posting \$500 bail.

The next day was hard because I had to come in and face the people I work with and who had supported me day in and day out. I was the 354th Fighter Wing Airman of the Quarter, the Information Systems Airman of The Year and I had been chosen for "Iceman Salutes." I was on the dean's list in college and was six hours away from my bachelor's degree from Wayland Baptist University. I was so ashamed. The hardest part was talking to the people who had respected me, especially my parents.

A lot has happened to me since my DWI. On the military side, I was placed on a control roster with a Unfavorable Information in my records. That held up my senior airman stripe, kept me from going TDY and bumped me out of the running for Officer's Training School — the goal I had striven hardest to reach. Also, no matter how well I do my job, I can never be the same person in my squadron that I was before. Before my DWI, I had a good driving record. After I was arrested, my insurance went up to \$455.00 a month. I live paycheck to paycheck.

It's not worth it to take a chance. If you're going to drink, don't drive. Calling a cab is cheaper than being arrested for a DWI. Just ask me; I learned the hard way.

# Quality increased, wait time decreased at Cold Clinic

by Staff Sgt Mikal Canfield

35th Fighter Wing Public Affairs office

A pledge to increase the quality of care and decrease the patient waiting time prompted the 35th Medical Group to open a nurse-run Cold Clinic at the base hospital.

The Cold Clinic is open Monday through Friday from 7:30 to 9:30 a.m. for morning appointments and 2:30 to 4:30 p.m. for afternoon appointments. The clinic is operated out of the family practice area of the hospital.

"The Cold Clinic was created in response to our desire to increase the quality of care and decrease patient waiting time," said Capt. (Dr.) Robert Porchia, 35th Medical Operation Squadron Cold Clinic supervising physician.

"Our goal is to get patients with the same symptoms and complaints into appointment slots where they can be seen and receive treatment without having to go through the standard appointment system where, in most cases, they wouldn't be seen by a doctor for three days or more."

With the Cold Clinic, patients can call in with their symptoms and get an appointment that day. The appointments are set up in 10-minute slots, so the clinic is able to see as many as 48 acute cold clinic patients a day.

The clinic sees patients ages 16 to 64. This age range is necessary due to the higher incidence of serious conditions in the very young and very old. This range identifies those patients who would most likely benefit from the traditional appointment, he added.

Patient symptoms eligible for Cold Clinic care include the following: cough, congestion, sinus pressure, ear pain, fever, sore throat nasal discharge and any other symptoms usually associated with the common cold.

"The two nurses, Capt. Kim Hale and 1st Lt.

Lenea Taylor, are really the force behind this clinic," said Dr. Porchia. "The nurses will perform the initial clinical assessment and treatment plan."

"At the same time the nurses educate their

patients on the typical duration of a cold, how to prevent virus transmission (and spread to family) and reinforce a patient's compliance with medication regimen. All these tools empower the patient and help speed recovery while making the patient more comfortable," he said.

This process encourages patients to take their prescribed medication and avoid some of the common mistakes people make that spread the cold, such as drinking from the same cups and forgetting to wash hands."

The nurses see the patients and evaluate their needs through a thorough, yet focused clinical

exam and physical assessment. The nurses also input medication orders and help set up any required follow-up appointment. Any serious conditions outside the scope of nursing care are referred directly to Dr. Porchia.

Feedback has been overwhelmingly positive so far, he said. "Through eight days of the clinic being open, we've been able to see 43 patients. The reviews have all been good."

The nurses love it because it gives them an opportunity to participate in direct patient care, something they don't always get to do, he said.

"The cold clinic is providing the nurses with the opportunity to provide direct patient care," said Capt. Hale. "We are able to do patient education, provide prevention teaching, and answer questions that the patients may have. We are providing a service that benefits both the patients and allows the nurses to grow as clinicians. We are doing what we enjoy most — interacting with the patients."

Plans are to keep the Cold Clinic open through the first two weeks of March. "We'll see how the current process works and decide then if it needs to be open for a longer period of time while we continue to fine tune the process for next year," Dr. Porchia said.

To set up an appointment at the Cold Clinic, call 226-6111 and request an appointment at the Cold Clinic. The point of contact for any questions or comments regarding the acute cold clinic is Capt. Hale or 1st Lt. Taylor, at 226-6201.

## At A Glance

■ Patients can make appointments at the Cold Clinic by calling the hospital central appointment line at 226-6111.

## Proper waste disposal key to safe environment at Misawa

The 35th Civil Engineer Squadron Environmental Flight has outlined proper waste disposal for Misawa residents.

Common household/automotive products are to be disposed of via the following guidelines:

■ Household paints — Household paints should be taken to the Hazardous Waste Storage Facility, Bldg. 756, 226-4402.

■ Privately-owned vehicle tires, batteries and used oil/fuel — These items should be taken to the 35th Services Squadron Auto Hobby Shop, Bldg. 767, 226-4654.

■ Gas grill propane tanks — All gas grill propane tanks should be taken to the Army and Air Force Exchange Service Propane Service facility, Bldg. 1044, 222-5232.

In addition, the Environmental Flight wants to remind base residents that automotive maintenance is prohibited in the housing areas.

That includes oil changes, tire changes and other maintenance. The 35th CES recommends residents use the Auto Hobby Shop for these activities.

The following items can be recycled at the Misawa Recycling Center, Bldg. 1366:

■ Aluminum and tin/steel cans  
■ HP Laser Printer cartridges  
■ 55-gallon steel drums (emptied and clean)

■ White office paper, newspaper and cardboard. Brown recycling bins are located at the Misawa Post Office and Main Base Shoppette.

At this time, all plastic and glass should be discarded with other trash items. There is no company/facility accepting these items.

For more information, call the 35th CES Environmental Flight at 226-3724 or 226-3556. (Story courtesy of the 35th CES)



Photo by Airman 1st Class Tracey Craine

## Quick shower

Staff Sgt. Curtis Sutton, 379th Expeditionary Civil Engineer Squadron, braves the spray of excess water as he prepares to install a valve on a shower/lavatory trailer at a forward deployed location. More than two thirds of the people in the 379th ECES are from Misawa's 35th Civil Engineer Squadron. Sergeant Sutton is one of many base people deployed in support of AEF 7.

## Smile Misawa!

The *Northern Light* is published each Friday for people like **Shereese Rainer**, Family Child Care Provider. "She provides care for children in a loving, high quality home environment whenever parents are required to work additional hours to support the mission of Misawa," said Kay Killebrew, Family Child Care coordinator.



## Northern Light

### Editorial staff

35th Fighter Wing commander ..... Brig. Gen. Dana T. Atkins  
Chief of public affairs ..... Capt. John Haynes  
Deputy chief of public affairs ..... Capt. Miki Gilloon  
Superintendent, public affairs ..... Tech. Sgt. Carrie Bernard  
Chief of Public Affairs Operations ..... 2nd Lt. James Bressendorf  
Northern Light editor ..... Staff Sgt. Mikal Canfield  
Northern Light staff writer ..... Airman 1st Class Abby Young  
Photography ..... 35th Communications Squadron Visual Information Flight

The deadline for submission of articles to the *Northern Light* editor is Thursday at 4:30 p.m. for publication in the next available issue.

All photos are U.S. Air Force photos unless otherwise indicated. This funded Air Force newspaper is an authorized publication for members of the U.S. military services overseas. Contents of the *Northern Light* are not necessarily the official views of, or endorsed by the U.S. Government, the Department of Defense, or the Department of the Air Force. The editorial content is edited, prepared and provided by the 35th Fighter Wing Public Affairs Office at Misawa Air Base, Japan.

People who have a story or photo idea can e-mail [northern.light@misawa.af.mil](mailto:northern.light@misawa.af.mil) or call 226-3814.



## Briefs

■ **Heart Link Program** — Heart Link, a new spouse orientation program to help spouses become more aware of resources/services available to them, has its first class from 8:30 a.m. to 2 p.m. Wednesday in the Family Support Center (lunch is provided). To register, call 226-4735.

■ **Tax advisors needed** — The Base Legal Office needs volunteer tax advisors to assist the Tax Center for the upcoming tax season. The Legal Office conducts training classes Wednesday through Friday. If interested, contact Capt. Marshall Minami at 226-4022.

■ **Commander's Open Line Radio Show** — The next 35th Fighter Wing Commander's Open Line Radio Show is at 8 a.m. Jan. 31. People with questions for Brig. Gen. Dana T. Atkins, 35th FW commander, can call 226-1575 or 226-3621.

■ **Pie-in-the-Face** — The Misawa African-American Heritage Committee has a "Pie-in-the-Face" Contest Feb. 8 in Hangar 949. Votes for individuals cost \$.25 each. The top three vote recipients will receive the pies in the face. For more information, call Staff Sgt. Shair Harper at 226-9033.

■ **ALS graduation** — Airman Leadership School Class 03-C is graduating at 7 p.m. Feb. 13 in the Tohoku Enlisted Club Ballroom. Social hour begins at 6 p.m. If interested in attending, please call Tech. Sgt. Shelvin Watts at 226-3445 prior to Feb. 5.

■ **2003 Logistics Expo** — The third annual Armed Forces Logistics Expo is Feb. 19-20 at the U.S. Fleet and Industrial Supply Center, Commander Fleet Activities, Yokosuka. The expo will be 9 a.m. to 4 p.m. each day and take place in the Fleet Recreation Center, Fourth Floor. For more information, call Ms. Sandra Gallagher at DSN 243-8062 or e-mail [sandra\\_gallagher@yoko.fisc.navy.mil](mailto:sandra_gallagher@yoko.fisc.navy.mil).

■ **Japanese language course** — There is a beginner's Japanese class 6:30 to 8:30 p.m. Tuesdays beginning Feb. 25. The class costs ¥2000, plus books, and meets in Hachinohe. For more information, call Ms. Corinne Vail at 53-2664 (evenings) or e-mail [corkyvail@hotmail.com](mailto:corkyvail@hotmail.com).

■ **Grissom opens 'The Expressway'** — The Grissom Dining Facility has opened "The Expressway" 24-hour grab-n-go meal option. The Expressway is a self-serve food court in the dining area. For more information, call 226-4463.

■ **Part-day Pre-School** — The Zeamer Child Development Center offers part-day Pre-School Enrichment Classes for children ages 3-5. A two-day class is offered Tuesdays and Thursdays; a three-day class is offered Mondays, Wednesdays and Fridays; and the five-day class is offered Mondays through Fridays. There are morning and afternoon slots available for each class offered (8 to 11 a.m. and 1 to 4 p.m.). The program consists of three hours of a variety of items, such as playgroups, center time, group time and more. For more information, call 226-2419.

■ **Dental Assistant Program update** — Applications are accepted for the Dental Assistant Program through March 3. Class start date is March 24. For applications or more information call 226-3016.

## New airman enhancement program takes off at Misawa

by Airman 1st Class  
Abby Young

35th Fighter Wing Public Affairs office

The first class of a new program at Misawa to help airmen professionally enhance their career was held Tuesday.

Eight young airmen gathered in the 35th Fighter Wing Safety conference room for the first Airman Professional Development Course.

The monthly course is a three-day program for airmen with two-and-a-half to three-and-a-half years time in service who want to expand their knowledge of subjects like dress and appearance, mentoring, career enhancement and financial management.

Some noncommissioned officers saw the promotion rate go up and thought some airmen would need help with the increased responsibility about to be given to them, said Tech. Sgt. Jerry Lewis, program coordinator. And thus, APDC was born.

"The APDC encourages and supports airmen by providing a professional underpinning of education and practical experience," he said. "The course also develops mentoring partnerships between students and instructors."

More seasoned and experienced NCOs, officers and civilians volunteer their time to talk to airmen about topics ranging from communica-



Photo by Airman 1st Class Abby Young

Tech. Sgt. Jerry Lewis discusses course curriculum with attendees of the Airman Professional Development Course.

tion skills to sexual responsibility, while also touching on issues such as time management.

The hope is that the end result will be a cadre of competent airmen who, not only know how to do their jobs, but have a broader understanding of the local mission.

A program like this is important because, by informing airmen, it enables them to perform their duties more proficiently in support of Misawa's mission, said Tech. Sgt. Lewis.

The APDC is a voluntary program for airmen who want to better themselves or enhance their career. For more information, call Tech. Sgt. Jerry Lewis at 226-3271.

## CNO charts Navy's course for 2003

by Chief Journalist Walter Ham IV  
Chief of Naval Operations Public Affairs

Chief of Naval Operations Adm. Vern Clark praises sailors for the Navy's tremendous successes in 2002 and announces in the new CNO Guidance, released this weekend, a broad range of initiatives to ensure the Navy stays ready to fight and win in the 21st century.

In CNO Guidance 2003, which is available at [www.navy.mil/cno](http://www.navy.mil/cno), the CNO says the Navy will focus on winning the war on terrorism, protecting the nation and our forces, and achieving the Navy's Sea Power 21 vision.

"It will require hard choices and determined leadership at all levels," said Admiral Clark. "We must challenge every assumption and search for new and better ways to accomplish our tasks. We must refine requirements, conduct innovative operations, and optimally allocate resources to achieve efficiencies and recapitalize the fleet."

The CNO says the Navy achieved tremendous success in 2002, both in the war on terrorism and in the Navy's Top Five priorities (manpower, current readiness, future readiness, quality of service and alignment).

"Our men and women operating in the air, on and under the sea, and on the ground are at the leading edge of the global war on terrorism," he said. "Forward deployed, combat ready naval forces — sustained by naval and civilian shipmates around the world — are proving every day the unique value of sovereign, independent

forces projecting power from the sea."

The Navy is currently the most ready it has ever been during its history, Admiral Clark added. Since Sept. 11, 2001, eight carrier battle groups, six amphibious ready groups, and nearly 100,000 Sailors and Marines deployed around the world in support of the global war on terrorism.

The CNO says he is pleased with the progress the Navy has made in manpower and current readiness since the CNO Guidance for 2002 was published. "In last year's Guidance, I challenged each of you to make our great Navy even better by enhancing mission accomplishment, deepening the growth and development of our people, and developing innovative operational concepts and capabilities ... and you delivered," he said.

"We are enjoying now the best manning I have witnessed in my career...our investment in personnel readiness was merely the foundation. Your efforts were the reason for our operational success. You encouraged our people to excel and focused them on mission accomplishment."

"We have the most ready force in our history. Over the past year, our investment in training, spare parts, ordnance, and fuel accounts enabled our fleet to be ready earlier, deploy at a higher state of readiness, and build a more responsive surge capability. These investments were vital to sustaining the war on terrorism and assuring friends and allies with our global response." (Story courtesy of Navy News Service).



# Find out who is who and where they go

Understanding some of Misawa's ranks, organizations

by Airman 1st Class Abby Young  
35th Fighter Wing Public Affairs office

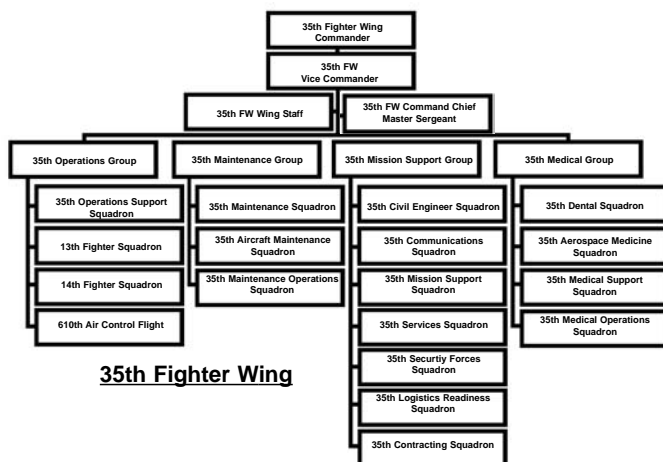
People at Misawa, whether they know it or not, are in a unique position. Not only is Misawa Air Base home to the 35th Fighter Wing, but also the Naval Air Facility Misawa and the Japan Air Self Defense Force.

This can cause for some confusion at times when it comes to customs and courtesies. Because of the different ranks and units on base it can be difficult to know who to salute or who not to.

Many people see someone belonging to another service approaching and salute. They salute not because the airmen recognize them as an officer, but because they don't know the rank. Even though it's perfectly acceptable to salute any rank, it's important to know the rank.

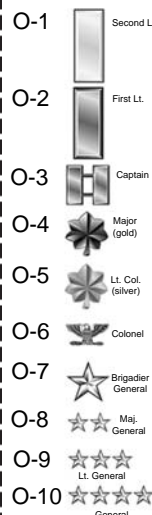
Another area that has caused some people to wonder about is unit organization. Some sailors want to know what the Air Force equivalent of their Command Master Chief is. An airman might wonder if JASDF has the same structure as the U.S. Air Force.

Here is some information to help people who want to know more about the three major units on base.



## Getting to know the ranks

### U.S. Air Force



### U.S. Navy



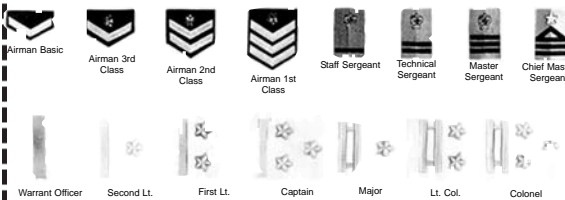
### U.S. Air Force



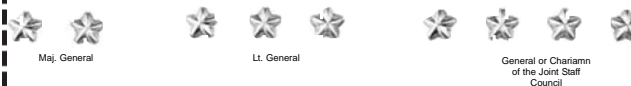
### U.S. Navy



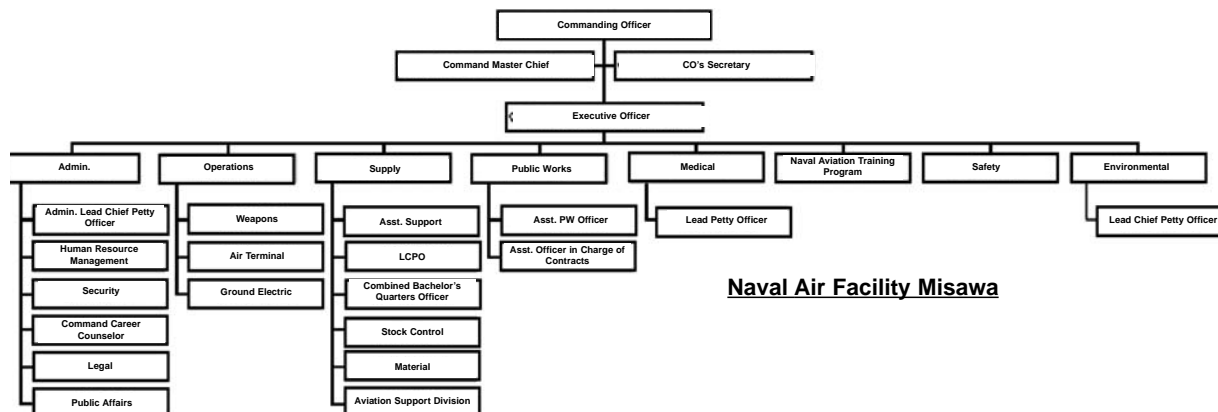
## JASDF Enlisted Ranks



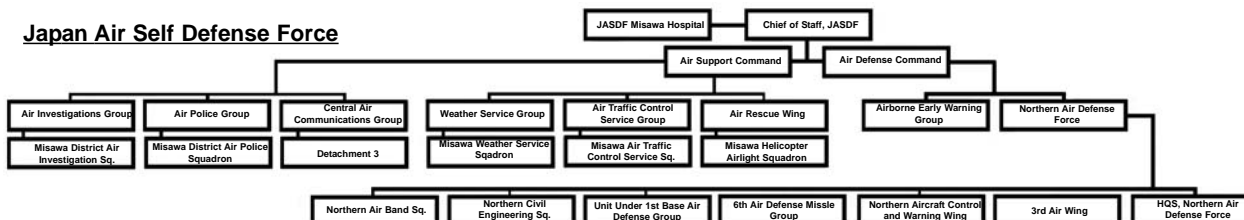
## JASDF Officer Ranks



**Editor's Note:** U.S. Army and U.S. Marine Corps ranks and organization will be listed in a future issue of the *Northern Light*.



## Japan Air Self Defense Force





### Warrior of the Week

**Airman 1st Class  
Jacqueline  
Benavente**  
Organization  
14th Fighter Squadron  
Duty Title  
Aviation Resource  
Management  
Home  
Guam



"Jackie represents everything the Air Force and a supervisor can desire in a troop. She consistently comes to work prepared to give her best. Her professionalism and zeal for excellence is felt daily in both her work center and dorm. She consistently exemplifies the true meaning of service before self."

Tech. Sgt. Moses Johnson  
14th FS SARM NCO in charge



### Student of the Week

**Matthew Bernal**  
Age 8

School  
Sollars Elementary  
School  
Hometown  
Manchester, N.H.  
Favorite Subject  
Math and Spelling



"Matthew is an enthusiastic learner and a kind soul. He likes to do well in all subject areas and pays close attention to all directions. He is always willing to help out other students so they can succeed. He is a joy to have in the classroom."

Patti Rzezniak  
Third Grade teacher

### 'Heir Born'

The following parents are announcing the births of their children at the base hospital:

**ARBOGAST** — Master Sgt. Richard and Julie Arbogast, a son, Coltin Ronald, Dec. 31.

**KIDDY** — Staff Sgt. William and Jennifer Kiddy, a son, Maximus Joseph, Nov. 22.

### Misawa Salutes

The 13th Fighter Squadron announced its quarterly award winners for the fourth quarter 2002 and its annual award winners for 2002.

Quarterly winners are: Senior Airman Crystal Brown (**Airman**); Tech. Sgt. Eric Seney (**NCO**); Capt. Keith Rockow (**CGO**); Capt. Keith Rockow (**Instructor Pilot**); Capt. Benjamin Hollo (**Flight Lead**); and Capt. Eric Winterbottom (**Wingman**).

2002 annual award winners are: Airman 1st Class April Amitrani (**Airman**); Tech Sgt. Mark Bradsher (**NCO**); Capt. Ted Geasley (**CGO**); Maj. James Wilkerson (**Flight Commander**); Capt. Henry Rogers (**Instructor Pilot**); Maj. Rhude Cherry (**Flight Lead**); and Capt. Scott Gilloon (**Wingman**).

### DOD News

U.S. DEPARTMENT OF DEFENSE



A year ago, Ronada D. Hewitt, 11, listened to her sister Samantha read her award-winning essay during DoD's Martin Luther King Jr. Pentagon breakfast. This year, Ronada stood at the podium reading her own award-winning essay.

"I feel good following after my sister," said Hewitt, a sixth-grader at Washington's John Tyler Elementary School. "Both of us are the same. We think the same most of the time, but not all of the time."

Hewitt said she wasn't nervous reading her essay before the large breakfast crowd because she's in a choir and is used to appearing in front of many people.

Asked what inspired her to write the essay about King, Hewitt said, "Martin Luther King Jr. was a great person. If he hadn't been here, none of this would have happened and things would be totally different."

Hewitt's essay:

"Martin Luther King Jr. was a great leader. He lived only a short time on earth but he is still remembered today for his courage to step out to change America.

"As a boy growing up in the segregated south, Martin Luther King Jr. knew that it was wrong

to judge people by the color of their skin.

"When Martin Luther King Jr. was called to Montgomery, Ala., to pastor a church, he knew the time had come for him to take a stand against the injustices black people suffered. So when Rosa Parks refused to move to the back of the bus, Martin Luther King Jr. became the leader of the Civil Rights Movement and organized a bus boycott. After more than a year of marches, demonstrations, car-pooling and walking, the boycott ended with black people sitting wherever they wanted to on the bus.

"There were many other injustices that black people had to endure like cross burnings by the KKK, segregation in restaurants, schools and department stores. Martin Luther King Jr. became the spokesman for black Americans across the country as he spoke out against all social injustices. People listened to him as he taught the way to respond to evil and hatred was with love and non-violence.

"Martin Luther King Jr. spoke about his dream for America in that historic speech from



the Lincoln Memorial. He believed that all races were created equal and should be treated the same regardless of what part of the country you lived in. He believed that all races must join hands and work together in peace and unity.

"I did not know Dr. Martin Luther King Jr. but I have read much about him and his work. The King holiday is not just another day off from school or work. It is a day where we can show our respect for a man who gave so much to make our lives better today." We can do this by helping someone who needs a helping hand. We can do something special in our community to make it a better place to live. After all, one of Dr. King's favorite songs was 'If I Can Help Somebody.'

"On this King holiday 2003, let us remember the man, Dr. Martin Luther King Jr. and the many, many good things he did to make our lives better. Let us celebrate his achievements for all Americans. Let us act by doing something to keep his dream alive." (Story courtesy of American Forces Press Service)

### Edgren holds sexual health forum

Parents and community members are invited to attend an informational forum concerning the sexual health and decisions of our teenagers at 7 p.m. Feb. 13 in the Edgren High School Library.

This forum will include teachers, hospital personnel, mental health clinicians and the school counselors.

Various programs and materials will be presented that may be used to help educate our teens about this important subject. High School counselors will also be introducing "Can We Talk?"

an innovative program to assist parents.

This program encourages parents to talk to their children about sex and gives them support materials they may need to discuss some of the important issues facing children today.

All parents and community members are invited to attend. Edgren High School officials encourage people to join for this night to gain some insights, voice questions, and learn about what services are available to teens. (Story courtesy of Edgren High School)

# Hoop it

at your  
**Misawa Clubs**

**Feb 1 - Mar 31**

Enjoy the action at  
the Tohoku or Mutsu  
Club by following  
your favorite NCAA  
team to the finals.

Members  
**Over \$2,500 in cash & prizes!**  
Call 222-9511 for details.



## Ask Shuko



**Q:** During my time here, I've noticed cherry blossoms and chrysanthemums all over northern Japan. Do these flowers hold any significance in Japanese culture?

**A:** The Japanese people have had an affection for cherry blossoms, the national flower, since ancient times. Japan sent cherry trees to Washington D.C. in 1909 as a token of America's and Japan's friendship. They still bloom beautifully every year. The chrysanthemum is another symbol of Japan. It is used on the Imperial family crest. If you have any questions about the Japanese culture, give me a call at 226-3075 or e-mail the Northern Light office at [northern.light@misawa.af.mil](mailto:northern.light@misawa.af.mil).

### School Lunch Menus



**Edgren High**  
**Monday**  
Corn dogs, spudsters, corn pudding, milk  
**Tuesday**  
Cheese pizza, vegetables, fruit, Rice Krispie bar, milk  
**Wednesday**  
Chicken patty, curly fries, vegetables, baked roll, fruit, milk  
**Thursday**  
Soft shell beef taco, Spanish rice, fruit cocktail, sugar cookie, milk  
**Jan. 31**  
Spaghetti and meat sauce, garlic toast, vegetables, fruit, graham crackers, milk

**Editor's note:** High school students can choose between the elementary school menu and another selection.

## School Square

**Cummings and Sollars Elementary**  
**Monday**  
Hamburger on a bun, spudsters, corn, pudding, milk  
**Tuesday**  
Popcorn chicken, mashed potatoes, fruit, baked roll, vegetables, milk  
**Wednesday**  
Hot dog on a bun, curly fries, vegetables, fruit, milk  
**Thursday**  
Cheese pizza dippers, Spanish rice, garden salad, fruit, milk  
**Jan. 31**  
Baked chicken, potato wedges, vegetables, baked roll, fruit, milk

**Editor's note:** For complete menus visit: <http://odin.aafes.com/nutrition/nsmen.htm>

### Education Opportunities



■ **Commissioning briefing** — Commissioning information will be available Jan. 31 at 2 p.m. in Bldg 653 Room 218B. For more information, call Bill Schueller at 226-4201.  
■ **SAT** — The SAT is offered Feb. 10 at 1 p.m. Exam is for military members only. For more information or to schedule a testing seat, call the education office at 226-4201.  
■ **Testing** — The education office offers CLEP, DANTES and Excelsior exams Mondays and Fridays at 8 a.m. and Wednesdays and Thursdays at 1 p.m. To sign up for a test, call the education office at 226-3904.

## Grissom Dining Facility



**Today**  
**Dinner** — Yankee pot roast, simmered corn beef, pineapple chicken  
**Saturday**  
**Brunch** — Creole shrimp, doubly good chicken, savory baked chicken, Swedish meatballs  
**Dinner** — Baked fish, barbecued chicken, doubly good chicken, Hungarian goulash  
**Sunday**  
**Brunch** — Cantonese spareribs, grilled mustard chicken, oven-fried fish  
**Dinner** — Loin-strip steak, stir-fry beef with broccoli, turkey nuggets  
**Monday**  
**Lunch** — Baked stuffed fish, pot roast, roast pork loin  
**Dinner** — Cannelloni beef, chili macaroni, Southern fried chicken  
**Tuesday**  
**Lunch** — Salmon cakes, teriyaki chicken, veal parmesan  
**Dinner** — Country captain chicken, meatloaf, turkey a la king  
**Wednesday**  
**Lunch** — Barbecued ham steak, beef ball stroganoff, turkey and noodles  
**Dinner** — Barbecued spareribs, lemon-herbed chicken, stuffed pork chops  
**Thursday**  
**Lunch** — Herb-baked chicken, Southern fried catfish  
**Dinner** — Glazed cornish hen, jagerschitzel, roast pork loin

## What's Happening

### Community Events

■ **Champagne Brunch** — Sunday from 10 a.m. to 1:30 p.m. at the Tohoku Enlisted Club ballroom. All ranks welcome.  
■ **Superbowl Parties** — Monday beginning at 6 a.m. at Grissom Dining Facility. Includes a hot breakfast and giveaways. For enlisted personnel only.  
— Monday beginning at 5 a.m. at the Mutsu Officers' and Tohoku Enlisted clubs.  
Includes free breakfast, prizes and trivia. Open to adult club members.  
— Monday beginning at 5:30 a.m. at Walmsley Bowling Center. Includes a no-tap bowling tournament at 7:30 a.m. This is a family event.  
— Monday beginning at 6 a.m. at the Mokuteki Community Center. Bring the whole family to watch the game on the base's largest big-screen TV.  
■ **Healthy Emotions** — Tuesday from 9 to 10 a.m. in Bldg. 1000.  
■ **Toddler Playgroup** — Tuesdays and Fridays from 10 to 11 a.m. in Bldg. 94.  
■ **Birth To 12-Month Playgroup** — Wednesdays from 10 to 11 a.m. in Bldg. 94.  
■ **Stress Management** — Feb. 6 from 2 to 4 p.m. in Bldg. 1000.

### Richard Bong Theater

**Today** — "The Lord of the Rings: The Two Towers" (PG-13), **7 p.m.** "Star Trek: Nemesis" (PG-13) Patrick Stewart and Jonathan Frakes, **9:30 p.m.**  
**Saturday** — "Harry Potter and the Chamber of Secrets" (PG), **1 p.m.** "The Lord of the Rings: The Two Towers" (PG-13), **7 p.m.** "Star Trek: Nemesis" (PG-13), **9:30 p.m.**  
**Sunday** — "Tuck Everlasting" (PG) Alexis Biedel and Ben Kingsley, **1 p.m.** "The Ring" (PG-13) Naomi Watts and Martin Henderson, **5 p.m.**  
**Monday** — "The Lord of the Rings: The Two Towers" (PG-13), **7 p.m.**  
**Tuesday** — "Punch - Drunk Love" (PG-13) Adam Sandler and Emily Watson, **7 p.m.**  
**Wednesday** — "I Spy" (PG-13) Eddie Murphy and Owen Wilson, **7 p.m.**  
**Thursday** — "Star Trek: Nemesis" (PG-13), **7 p.m.**  
**Jan. 31** — "8 Mile" (R) Eminem and Kim Basinger, **7 p.m.** "The Lord of the Rings: The Two Towers" (PG-13), **7 p.m.**  
**Feb. 1** — "Jonah - A Veggie Tales Movie" (G), **1 p.m.** "Star Trek: Nemesis" (PG-13), **7 p.m.**

■ **Editor's note:** Movie lineup and starting times are subject to change.



Photo by Kristine Galbreath

### Yummy sushi

Yuki Shimizu, the Family Support Center's multi-cultural program monitor, shows LaShawndra Coleman how to purchase items in a Japanese grocery store during a recent Shopping on the Economy class. The next class is Feb. 21. For more information on this or any other activity at the FSC, call 226-4735.

## 35th Fighter Wing Chapel



**Catholic Services**  
**Daily Mass** — Mondays through Thursdays at noon  
**Sunday Masses** — 9:30 a.m. and 12:30 p.m.  
**Sunday School** — Sundays at 11 a.m. (at Sollars Elementary School)  
**Confessions** — First and third Mondays at 11 a.m. and second and fourth Mondays at 7 p.m.  
**Protestant Services**  
**Holy Communion** — Sundays at 8 a.m.  
**Sunday School** — Sundays at 9:30 a.m. and 12:30 p.m. (at Sollars Elementary School)  
**General Protestant** — Sundays at 11 a.m.  
**Inspirational Worship** — Sundays at 2 p.m.  
**Contemporary Worship** — Sundays at 6 p.m.

**Jewish Services**  
First and third Fridays of every month from 7 to 9 p.m.  
**Islamic Services**  
Fridays at noon  
**Seventh Day Adventist Services**  
Saturdays at 10 a.m. at Security Hill Chapel.  
**Hindu Study Group**  
First Friday of month from 11 a.m. to noon. Every other Friday of month from 11:30 a.m. to 12:30 p.m.  
**Contact numbers**  
Main chapel — 226-4630  
After duty hours — 226-6648  
Security Hill — 226-3064

# New program helps link spouses to Air Force

by Maj. James Reineke

Misawa's Health and Wellness Center

The Air Force has recognized the importance of the military spouse, and has developed a new spouse orientation program to enable them to become more aware of the resources and support available to them.

This new program is called Heart Link. Spouses play a key role in the health of the military family and the spouse is a vital link to the family whether the sponsor is home or away.

Heart Link's purpose is to strengthen military families and enhance mission readiness.

Spouses receive information on the Air Force mission, customs, traditions, protocol and services in the local community to support them and their families. Spouses are a critical part of the military team. They are the heart of the Air Force and Heart Link reinforces that feeling.

Attendees will be briefed on the mission of the 35th Fighter Wing, as well as participate in activities to enhance their awareness of base helping agencies.

Each participant will take home

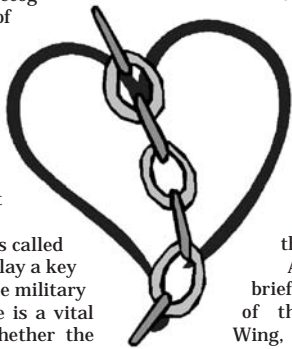
a binder of resource information for their use and will have met a variety of personnel from the base community.

While the focus of Heart Link is those spouses who have been 'married to the military' for five years or less, all spouses are welcome to attend.

The unique population at Misawa gives us the opportunity to include a variety of spouses — Air Force, Navy, Army, Marine Corps, Department of Defense civilian, etc. Each class is limited to 25 participants.

The first Misawa Heart Link program is scheduled for Wednesday from 8:30 a.m. to 2:00 p.m. (lunch will be provided).

People can register by calling the Family Support Center at 226-4735.



## Eating for a healthy heart

What kills Americans most? Heart disease. It's the number one cause of death in the United States. However, this lessening your chance of becoming another statistic isn't difficult.

One way is to choose foods carefully.

For a healthy heart it's important to eat less fat and sodium, fewer calories and more fiber.

Not all fat is bad for you. Some fats more likely to cause heart disease are fats found in foods from animals, such as meat, milk, cheese and butter. They also are found in foods with palm and coconut oils.

Eating less sodium can help lower some people's blood pressure. This can also help reduce the risk

of heart disease. Even though sodium is something we need in our diets, most of us eat too much of it.

Much of the sodium we eat comes from salt we add to our food at the table or that food companies add to their foods. So, avoid adding salt to foods at the table.

Eating less calories also helps keep the heart healthy. When we eat more calories than we need, we gain weight. Being overweight can cause heart disease.

Some diet tips for a healthy heart are:

- Eat a diet low in saturated fat, especially animal fats and palm and coconut oils.

- Add foods to your diet that are high in monoun-

saturated fats, such as olive oil, canola oil, and seafood.

- Eat foods containing polyunsaturated fats found in plants and seafood. Safflower oil and corn oil are high in polyunsaturated fats.

- Choose a diet moderate in salt and sodium.

- Maintain and/or improve your weight.

- Eat plenty of grain products, fruits and vegetables.

Eating this way does not mean you have to spend more money on food.

You can still eat many foods that cost the same or less than what you're eating now.

Sticking to a healthy diet and getting regular exercise can help lower your risk of suffering from, and eventually dying from, an unhealthy heart. (Information courtesy of [fda.gov](http://fda.gov)).



### Keeping it healthy

Misawans step it up in a step aerobics class at the Potter Fitness Center. Aerobics is just one way to stay healthy and active. For class times, call the Potter Fitness Center at 226-2588.



Photo by Airman 1st Class Abby Young

### Timeout

■ **Basketball Tournament** — Soldier's Community Association 3-on-3 basketball tournament is Jan. 31 from 6 to 8 p.m. and Feb. 1 from 10 a.m. to 5 p.m. Limited to the first 32 four-player teams to register. Registration is \$60 a team. To register, take a registration form to Bldg. 1335 with entry fee by Jan. 28 or call 226-3581 or 226-6119.

■ **Bowling Tournament** — The Logistics Officer's Association sponsors a bowling tournament today from noon to 4 p.m. at Walmsly Bowling Center. The tournament is nine-pin and each team must have four people. Sign up now, cost is \$40 per team. For more information, call 2nd Lt. John Groff at 226-2161.

### Northern Light Game Highlights

■ Intramural, varsity, youth and high school coaches can fill in the sections below to highlight their team's key plays and players.

Sport: \_\_\_\_\_

Team name: \_\_\_\_\_

Coach's name and daytime telephone number(s): \_\_\_\_\_

Opponent: \_\_\_\_\_

Outcome/final score: \_\_\_\_\_

Day, date and time of game: \_\_\_\_\_

Location of game: \_\_\_\_\_

1. What was the greatest factor that determined the game's outcome and why?

\_\_\_\_\_

2. Where did your opponent pose its greatest challenge and why?

\_\_\_\_\_

3. Who were your most valuable players and why?

\_\_\_\_\_

4. Was there a turning point in the game, and how did it influence the outcome?

\_\_\_\_\_

■ Once complete, fax the information to the newspaper office at 226-9342, e-mail it to [northern.light@misawa.af.mil](mailto:northern.light@misawa.af.mil) or hand carry it to the newspaper office in Room 28 of Bldg. 504 (35th Fighter Wing Headquarters on Risner Circle).

■ For more details, call 226-3814.